

October 2014

Check it Out!

Think you know the flu?
Test your flu IQ!
www.cdc.gov

Did you know?

Flu viruses circulate all year long, even in the summer.

Utah Refugee Health Program



Influenza (Flu)

Influenza (Flu) is a contagious respiratory illness caused by a virus that affects the nose, throat, and lungs and is mainly spread by coughing, sneezing, and close contact. The flu usually occurs between early fall and spring. Some people are at greater risk, including people with asthma, heart disease, pregnant women, young children, and older adults.

Symptoms of the Flu

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Feeling tired
- Possible vomiting and diarrhea

Treatment of the Flu

- Stay home and rest
- Drink clear fluids (water, broth, etc.)
- Gargle with warm salt water
- Take medicine to help reduce symptoms
- Use a cool washcloth on forehead

How to prevent the Flu:

- Cover your mouth and nose with a tissue when you cough or sneeze
- Wash your hands
- Get a flu shot. Everyone 6 months of age and older should get a flu shot. Getting a flu shot often protects you from getting sick with the flu.

When should I call a doctor?

- If you cannot drink fluids
- If you have a fever for more than 3-5 days

You should go for medical care if you:

- Have shortness of breath
- Cough up blood
- Have pain in chest when breathing
- Cannot walk or sit up straight
- Have heart disease

Is your community interested in educational presentations or training workshops?

Contact:

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Community Resource Spotlight Salt Lake County Health Department (SLCoHD)



The Salt Lake County Health Department (SLCoHD) provides immunizations to all children, adolescents, and adults at most of their health clinics.

The cost of the flu vaccine ranges between \$31-35, depending on the type of vaccine you choose. The clinics bill some insurance and offer lower cost flu shots (\$10 or \$14.50) for children who are uninsured, underinsured, Medicaid eligible, or who are Alaskan Native or American Indian.

Normal Hours for Most Immunization Clinics are:

Monday - Friday, 8:00 a.m. to 5:00 p.m.
Wednesdays - 8:00 a.m. to 6:00 p.m.

Appointments are required

To schedule an appointment call 385-468-4152

For clinic locations call 385-468-7468

For more information go to :

<http://slco.org/slcohealth/services/immunizations/seasonalFlu.html>